

# Diabetes Brown Bag Telehealth Lunch Series



3<sup>rd</sup> Wednesday  
of each Month  
Noon – 1:00 p.m.

**August 17, 2005 – Physiology of Exercise and Diabetes,  
By: Donna Wahoff-Stice, FNP, Utah Diabetes Center**

Donnal Wahoff-Stice will introduce how you can teach your patients the importance of exercise with pre-diabetes. You will become familiar with recommendations for type(s) of exercise and be able to write an exercise prescription for your patients.

CEU's offered for nursing and dietetics for all programs.

**September 21, 2005 – Metabolic Syndrome/Syndrome X  
October 19, 2005—In-Patient Use of Insulin**

**Depression & Stress with Diabetes - Driving Issues / Commercial Drivers License & Diabetes**

**Please use attached reservation form.  
Register by August 10th for August's program**

Utah Diabetes Prevention & Control Program  
Utah Department of Health  
P.O. Box 142107  
Salt Lake City UT 84114-2107

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List of Utah Telehealth Sites:  
<http://www.utahtelehealth.net/utn.pdf>

Contact Betsi Patino to schedule telehealth-  
video or telephone links

**\*\*For technical assistance on the day of the conference,  
call Pat Bryner 801-585-2426\*\*  
<http://health.utah.gov/diabetes>**